415 The eating or serving spoons, with which the woman tames the food during cooking and ladles it out of the pot at mealtime, are kept above the fireplace. /151/ /Fig. 95 appears here in the original text./ Such spoons have various shapes; the simplest is a Sarcophrynium leaf folded in the form of a spoon and used only once. This leaf spoon is called ntṓńo I. The calabash spoon (egbwā́'ɛ) represents a higher stage of spoon, as does the small spoon (ebṓńa, ekōńṓ'e), Figure 101. The calabash spoon is made from a small fruit of the calabash gourd (Fig. 99 and 100) which has been cut in half through the middle; the small spoon is made from the large Achatina marginata Sw. (kṓʃ́ʼ) by cutting out a piece of its shell. These are the women's spoons for everyday use, and as such they correspond to the men's wooden eating spoon (ʊ́ʃ́k). Women never use ladling spoons made of wood.

The most important kitchen utensil is the cooking pot (mvɛ́ I, ɣī́ʃ́k; plural, ɪ́ʃ́k) made of clay (vī́ʃ́k), of which each woman keeps a number of larger ones (mvɛ́, vī́ʃ́k) and smaller ones (obɛ́bɛ́) on the pot loft (akáń e mvɛ́). Through the trading companies, iron pots with three feet (mɛ́kṓ'ɔɛ III) have already spread throughout the land. /Fig. 96 appears here in the original text./

462 After these general preliminary /152/ observations, I shall go on to a description of the methods of preparing /Fig. 97 appears here in the original text/ the principal food plants. Those of greatest importance as staple foods will once more be listed here in order: cassava, plantain, groundnut, ngon, maize, taro, yams (1) (Fang region).

1. Smaller repetitions cannot be entirely avoided for the sake of clarity in the individual sections. The reader will be so kind as to excuse them.

1. Cassava

252 Aside from insignificant variations, the cassava root is prepared in five different ways. Two of these are chiefly women's food: pulverized cassava, cooked in a leaf roll bent into the shape of a stirrup

I: Tessmann--144 E-5 (1904-1909) 1913 F119 Fang F119

252
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Fig. 99. Calabash Spoon.

Fig. 100. Ornamental Calabash Spoons.

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Fig. 101. Snail Spoon.

are the leaves of the previously often mentioned Marantacea Sarcophrynium velutinum (Baku) K. Sch. (okiá, okiá) (I). Plate 11, with the

1. chiá a leaf, a kúi = to envelop; stem kú. Compare kú[i], the turtle, because of its armor, and a kú-t = to knock, to open by knocking, that is, to cause something to uncover itself.

species glabrum Laes. /155/ (andóma); in the north (Jaunde), the leaves of the Clinogyne schweinfurthiana K. Sch. (embóm) are used. Every day the women bring large bundles of such leaves from the field since they use them not only for wrapping cassava and maize loaves, but also as trays and plates.

252 The mass of cassava is gently kneaded in these leaves into the shape of a sausage; then a leaf is wrapped around it and folded over at the ends like a parcel; finally, there is tied around it a string made from the stalks of the same plant which supplied the leaf cover (the stalks of the plant are called ndón IV, ndónan IV). These rolls are boiled with some water for an hour in a covered pot, and they are then put to one side to cool off. Only in rare cases are they eaten warm immediately after being cooked (Fig. 102). They keep for three days this way. Usually they are 35 centimeters long, somewhat longer in the Jaunde region, and five centimeters thick; they are in all somewhat larger in the Bulu region.

since they first sought a container, e.g., for the skull of the dead, in order to preserve it; hence, the suffix aka). A bark vessel is also, as it were, the grave (a-ŋo-ŋ), for the body of the dead person lies in it in a trough made of bark, which sometimes is closed off with a lid of the same material (passive, since first the place where the body happened to be lying, whether in the house or out in the open, a sɔ́ɔ́, was named; hence, the passive suffix ŋ).

(b) Bark cloth.

Bark is made into cloth by pounding it with a beater (Fig. 159) made from the end of an elephant's tooth (d), half an elephant's rib (b, c), the horn of a white-backed duiker-buk Cephalophus longiceps Gray (mvə̂ IV), or the wood of the Leguminosa Eurypetalum tessmannii Harms (andzɔ̂ŋɔ̂) (a). For this purpose, they do not take the wood of a freshly cut trunk, but rather the harder red wood /Fig. 158 appears here in the original text/ of old trees that have been felled a long time ago. The wooden beater has about the same shape as the mallets used by our carpenters and consists of a straight handle with a roller-shaped head which is grooved around half or all of its circumference.

The only suitable bark for bark cloth is that of fig trees (etɔ̂b = fig tree [Ficus] and cloth, clothing) (2). /208/

2. The following varieties are used in the Pangwe region:
Ficus globocarpa Warb. var. (embɔ̃̂b);
Ficus cfr. wildemaniana Warb. (adɨɨb-etɔ̂b);
Ficus bubu Warb. (akɔ̃̂-etɔ̂b);
Ficus stellulata Warb. (etɨɨ, root to(b) reduplicated);
Ficus preussii Warb. and laurentii Warb. (etɔ̂b, etɔ̂b-o-ɲɔ̂b, eɲɨ̂, akɨ̂m);
Ficus barteri Sprague (asɨmentɨ̂mo Fang, asɨmentɨ̂me Ntum);